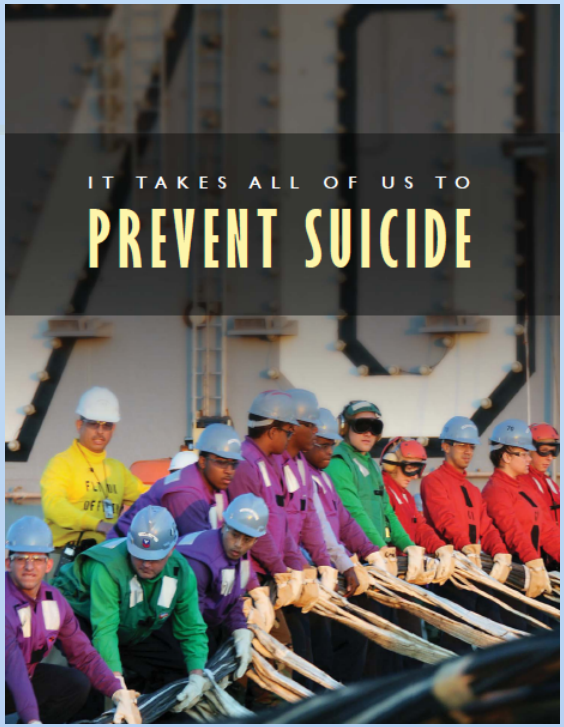
We are First Responders!
Suicide Prevention

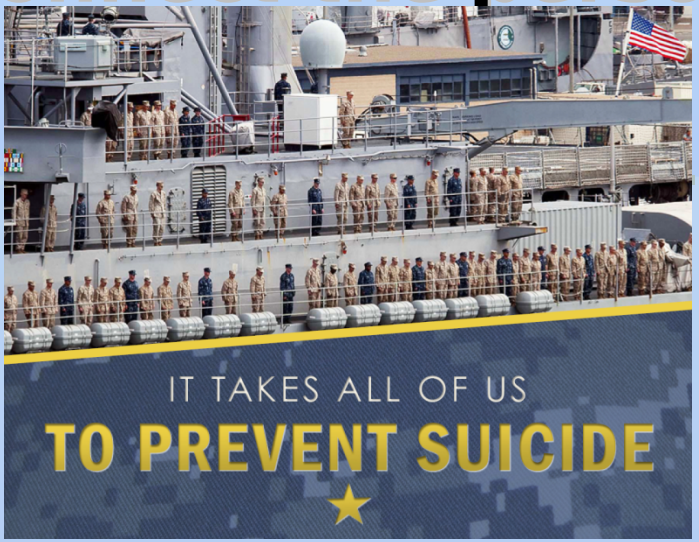


People Prevent Suicide!

- **Shipmates & friends are the first to notice and know when someone is distressed, struggling, experiencing hard times…**
- **We can be the First Responder and help our friends get the help they need!**
- **We [illegible]s!**

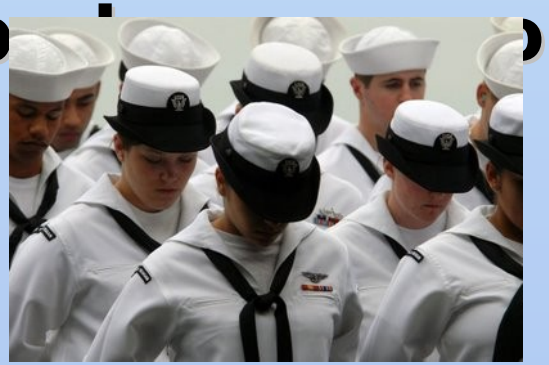
First Responders

- Can spot the Warning Signs of Suicide
- Know what to do!
- Connect the person to help!



Suicide Warning Signs

- Talk of Suicide – threats, hints, notes, and expressions
- Sees no reason for living
- Increased alcohol and substance use
- Feels anxious, agitated, or unable to sleep
- Feels trapp[illegible]out…



Red Flags for Suicide

- Feels hopeless about the futu
- Withdraws from others and no activities
- Mood changes…
- Feeling rage, uncontrolled ang
- Acting without regard for consequen

What to do? Ask---Care---Treat

ASK

-Are you thinking about killing yourself?

-Sometimes when people feel down, they have thoughts of suicide. Have you had such thoughts?

-Are you co[illegible]icide?

What to do - Care

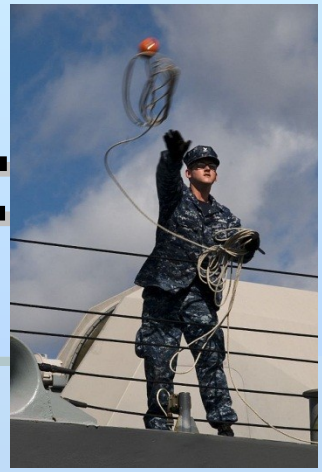
- **CARE**

  -Listen

  -Show them that you are concerned and care

  -Care about and understand what is troubling them.. Discuss with them

What to Do - Treat



- **TREAT**

-Get immediate Professional assistance!

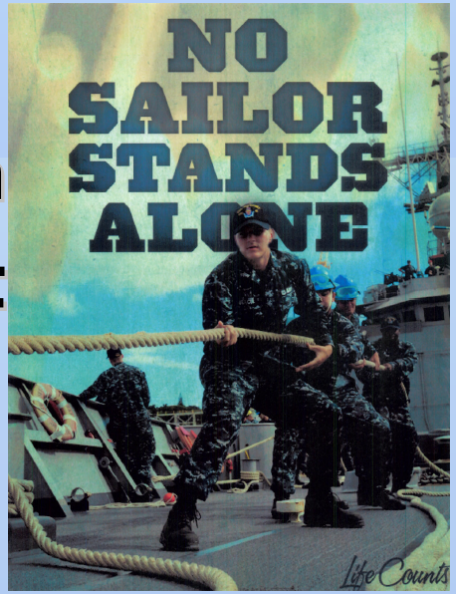
-Take them to the Emergency Room/Department

-Escort them to command, mec chaplain

-Do not leave your shipmate al

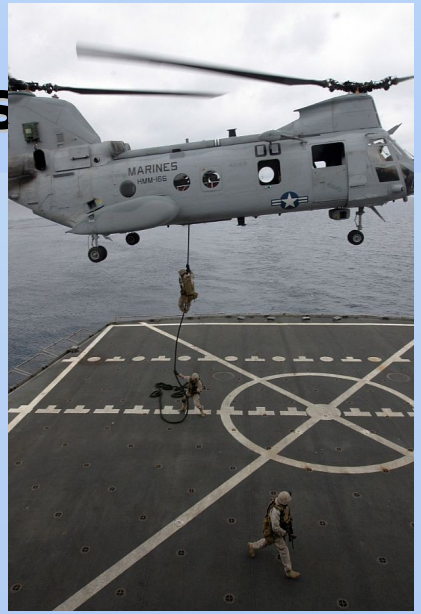
What Not to Do!

- Do not keep it a secret!
- Do not sidestep the issues
- Do not leave the person alone!
- Do not offer simple solutions
- Do not judge the person or
  them that they will go to h
- Do not try to be a therapist



Common Situations

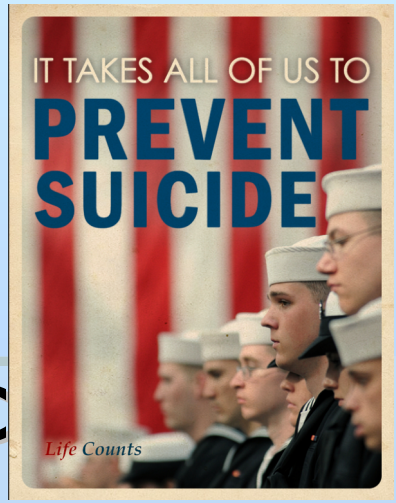
- A shipmate gets a Dear John letter/call…
- A co-worker no longer wants to hang out with anyone, is staying to themselves, is not eating and not talking with anyone…
- Someone in your department is
  in trouble, is quite moody,
  is performing poorly at work,
  and has $ problems…



Care for Yourself!

- You are not alone! There are others in the command, ship, base and community who can help!
- It is normal to feel uneasy and unsure when trying to help someone in distress…
- Talk to supportive others before and afterwards…
- You do not have to know all the answers or to be an expert!

Resources



- Naval Hospital and Medical C
- Mental Health Department
- Fleet Family Support Centers
- Chaplains
- Marine Corps Community Counseling Centers
- 911